



DETERIORATING SPIRITUALITY, INCREASING RELIGIOUS ORTHODOXY AMONG CHILDREN

Dr. Anita Bhalla¹ | Mrs. Suman Dutt²

¹ Director Principal, PGT English, Education Department, Bharatiya Vidya Bhavan SL Public School, Amritsar, India.

ABSTRACT

Today's trend is changing despite lots of advancements, technological facilities availability of resources to children but the outcome is quite negative. Many children are in depression, their stress and anxiety level are increasing alarmingly. Many students are becoming rude and aggressive. Though their religious practices are so many but still they are missing somewhere, something. These religious practices are making them fearful, insecure, orthodox, fanatic and superstitious. As years rolled by, it is observed that children are becoming rude, aggressive, restless and egoistic when it is compared with the students of last 15 years and discussed with many other teachers then unanimously, this was opined that there is a sea-change in the attitude and behavior of students. 15 years ago the children were full of etiquettes, peaceful and respectful but today's children are not at all internally happy. After lots of discussion with teachers, parents and students it is decided to take the topic "Deteriorating spirituality increasing religious orthodoxy among children" has been selected.

So that following problems can be identified.

- What is the real cause of restlessness and aggressive behavior of children?
- Why are the students insecure despite mega achievements?
- Why are children not truly happy?

OBJECTIVE:

- Let the students discover the real happiness
- To make them internally strong and emotionally balanced.
- To teach them how to face the problems of real life without being shattered.

Previous Studies:

Research by Harold G Koeing

This paper provides comprehensive review of research on religion/spirituality (R/S) and both mental health and physical health. The research is on R/S and mental health, examining relationships with both positive and negative mental health outcomes, where positive outcomes include well-being, happiness, hope, optimism, and gratefulness, and negative outcomes involve depression, suicide, anxiety, psychosis, substance abuse, delinquency/crime, marital instability, and personality traits how and why R/S might influence mental health. Health behaviors such as physical activity, cigarette smoking, diet, and sexual practices, followed by a review of relationships between R/S and heart disease, hypertension, cerebrovascular disease, Alzheimer's disease and dementia, immune functions, endocrine functions, cancer, overall mortality, physical disability, pain, and somatic symptoms.

Religion, medicine, and healthcare have been related in one way or another in all population groups. Only in recent times have these systems of healing been separated. The first hospitals in the West for the care of the sick in the general population were built by religious organizations. For hundreds of years, in fact, religious institutions were responsible for licensing physicians to practice medicine. "[Religion] Involves beliefs, practices, and rituals related to the transcendent, where the transcendent is God, Allah, HaShem, or a Higher Power in Western religious traditions, or to Brahman. This often involves the mystical or supernatural. Religions usually have specific beliefs about life after death and rules about conduct within a social group. Religion is a multidimensional construct that includes beliefs, behaviors, rituals, and ceremonies that may be held or practiced in private or public settings. Religion is also an organized system of beliefs, practices, and symbols designed (a) to facilitate closeness to the transcendent, and (b) to foster an understanding of one's relationship and responsibility to others in living together in a community."

Spirituality includes both a search for the transcendent and the discovery of the transcendent and so involves traveling along the path that leads from non consideration to questioning to either staunch non belief or belief, and if belief, then ultimately to devotion and finally, surrender.

*"Religion is belief in someone else's experience.
Spirituality is having your own experience."*

– Deepak Chopra

Says that spirituality is perhaps the most natural thing there is: it is simply your own conscious self recognizing that you are more than just a body, that you are a soul with infinite potential.

Here is a short list of things that help to highlight the differences between religion and spirituality.

1. There are no rules to Spirituality:

As opposed to following a specific ideology or a set of rules spirituality simply lets you follow your heart, it encourages you to listen to your intuition and do what is right for yourself and others around you.

2. Spirituality is based only on love and not fear:

Dotted throughout religion there is lots of fear. Fear of the consequences of your actions, fear of what might happen after you die if you don't live your life accordingly.

With spirituality there is only Love, it encourages you to focus all of your energy only on the good, and to act only based on love.

This is a key point as any choice made out of fear will not be good for your soul. Whereas decisions made out of love will empower you, make you braver and feed your soul.

3. Religion tells you the truth – Spirituality lets you discover it:

As opposed to telling you in black and white how the universe was created and why we are here, Spirituality lets you discover these questions and answers for yourself.

It empowers you to find your own truth in all things and sets no limits to how deep you can go in understanding all there is to know.

4. Religion separates, Spirituality unites:

Spirituality sees the truth in all of religious and unites them because the truth is same for all of us despite our differences and uniqueness.

5. The difference with Karma and Punishment:

Instead of talking about punishment or the threat of hell, Spirituality only talks about Karma.

It's the Law of Attraction — you get what you give. Simple.

6. Walk your own path:

Instead of ancient stories about angels and Gods, spirituality encourages you to make your own path and create your own stories. This sets you on a journey of enlightenment and self-discovery to which the only limits can be

set by yourself.

It encourages you to trust your heart and follow it wherever it may lead you.

Spirituality reminds us that we are not separate, there are no borders, no races and no cultural divides.

All that is true is that we are all one and the only constant is Love.

A spiritual person knows that a simple concept that may have been acceptable to primitive hominids of hundreds or thousands of years ago, has zero relevancy to today's sophisticated and much more elevated humans.

Spiritual person knows that there is only one truth and they are in fact in charge of their own evolution and destiny. They also know that nothing is "written" and all our futures are shaped by our desires and the power of our minds.

TEST YOUR BELIEF SYSTEM:

It's very easy to discover if you are religious or spiritual.

1. Do you worship any type of a deity or a God or a sect leader? This includes popular yoga gods such as Ganesh or Rama and so called gurus or masters. Then you are religious.
2. Do you believe in the power of your own self and that you are in charge of your destiny? In this case you are spiritual.

RUMI ON SPIRITUALITY:

My mentor Rumi knew the power of the self and encouraged being self-reliant 800 years ago. Now that's a futurist as Rumi was clearly a thousands years ahead of the rest of the planet.

I'll leave you with an inspiration from Rumi (from one of my translations).

*"A true Lover doesn't follow any one religion,
be sure of that.
Since in the religion of Love,
there is no irreverence or faith."*

These 7 differences between Religion and Spirituality will help you understand what Spirituality actually is.

Religion Makes You Bow – Spirituality Sets You Free

Religion tells you to follow an ideology and obey certain rules or you'll be punished otherwise. Spirituality lets you Follow Your Heart and What You Feel It's Right. It sets you free to be what you truly are without bowing to anything that doesn't resonate as right with you nor to anyone because we are all one. It is all up to you to choose what you'll honor enough to make it divine

Religion Shows You Fear – Spirituality Shows You How to Be Brave

Religion tells you what to fear and tells you consequences. Spirituality makes you aware of the consequences but doesn't want you to focus on the fear. It shows you How to Stand Despite Being Afraid, how to move on doing what you feel it's right despite the consequences that may come. It shows you how to act on love and not on fear, it shows you how to control fear and use the best of it.

Religion Tells You The Truth – Spirituality Lets You Discover It

Religion tells you what to believe and what is right. Spirituality lets you discover it by yourself and understand it in your own unique way. It lets you Connect With Your Higher Self and see with your own mind what truth is because the truth as a whole is same for each one of us. It lets you believe in your own truth through your own perception of your heart.

Religion Separates from Other Religions – Spirituality Unites Them

Through our world there are many religions and they all preach that their story is the right story. Spirituality sees the truth in all of them and unites them because the truth is same for all of us despite our differences and uniqueness. It focuses on the quality of the divine message they share and not on the differences in details of the story they speak.

Religion Makes You Dependent – Spirituality Makes You Independent

If you attend religious events only then you are seen as a religious person and someone who is worthy of happiness. Spirituality shows you that you don't need or depend on anything to be happy. Happiness is always found deep in ourselves and only we are responsible for it. We are always where we need to be and not just while attending at some events or buildings. Divinity is in us and that is why we are always worthy.

Religion Applies Punishment – Spirituality Applies Karma

Religion says that if we don't obey certain rules there is punishment that awaits us which relies on our belief. Spirituality lets us understand that every action has its reaction and realize that the punishment of our actions will be the reaction coming from the actions we set in motion. It relies solely on the fundamental forces of The Universe and it doesn't need you to believe in that force to be true.

Religion Makes You Follow Other Journey – Spirituality Lets You Create Your Own

The foundation of one religion is the story it tells about a God or Gods, their journey to enlightenment and the truth they have discovered making you follow their steps. Spirituality lets you Walk Your Own Journey to Enlightenment and discover the truth in your own way following what your heart tells it's right because the truth is always the same no matter how you get to it.

METHODOLOGY:

Firstly twenty students from classes 3rd to 10th each have been selected. And three groups of questionnaire were prepared.

First group: Classes 3rd to 5th

Second group: Classes 6th to 8th

Third group: Classes 9th & 10th

The level of children was taken into account while making the questionnaire. While making it, students' interview was taken lots of question were being asked from them. Their level of knowledge was checked that whether they can answer the question or not. After that the questionnaire was completed.

While framing the questions, simple language was used so that all students can easily answer them. Ambiguous language was avoided. Out of ten questions 9 questions were objective type and one question was subjective. Subjective question has different answers and can be a help to understand the psychology of students. Randomly 20 students of each class were selected and made to sit in a separate class and every question was discussed with them so that they could understand the concept of the question and answer them properly. After getting answers marked. Each student was interviewed personally. In many of questions they appeared to be true and in many questions they were contradicting their answers. Some questions were repeatedly asked in different forms to check their validity but answers were sometimes different and sometimes same.

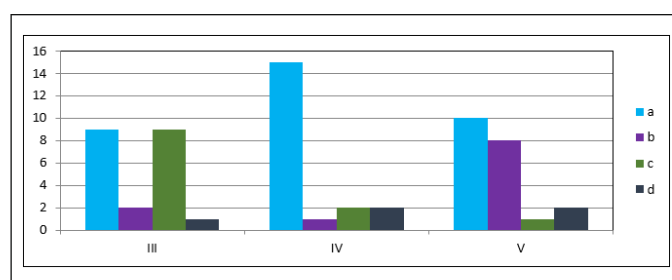
After personal interaction and observation, their class teachers and parents were consulted. A detail study was done about each child and it was found that though their answers were opt according to the key of the answers but practically they were not behaving as their answers were given. This was bringing a clear stark difference between their sayings, believing and acting. This was strengthening the believe that yes spirituality is missing in their day to day life.

CLASSES III, IV, V

Q1. Who is running the universe?

- a) God
- b) Brahma
- c) Devtas
- d) Any Other (_____)

	a	b	c	d		
III	9	2	9	1	+	21
IV	15	1	2	2	+	20
V	10	8	1	2	+	21
Total	34	11	12	5		



CONCLUSION OF THE SURVEY:

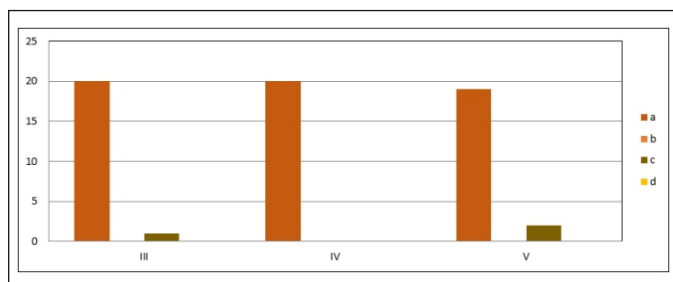
When a survey was conducted among classes III, IV & V, age group between 7 years to 9 years about the religion and spirituality to check how much real knowledge, the students have about their religion and spirituality. Very first question was asked that who is running the universe with four options a) God b) Brahma c) Devatas and d) any other. Out of 62 students, 34 students believe that God is running this universe. 11 students give option about Brahma. 12 students believe that Devatas run this universe and 5 students think that any other Devata which they do not know. From above data we can conclude that more than 50% of students believe and are very clear about the concept of existence of God. And many students even do not believe in God as a superpower they think that Devatas, Brahma or any other demi-god is runaway the universe. This data is very clearly telling that approximately 50% of students are not even clear about the existence of God. They are taught only about some devatas & demi-god. It means that those

students who believe that other than God is running the universe are not very clear about the concept of spirituality. Even those who marked God as option cannot be considered very surely that they are clear about real and true meaning of spirituality.

Q2. Do you believe in God?

- a) Yes
- b) No
- c) May exist
- d) May not exist

	a	b	c	d	Total
III	20	--	1	--	21
IV	20	--	--	--	20
V	19	--	2	--	21
Total	59	--	3	--	

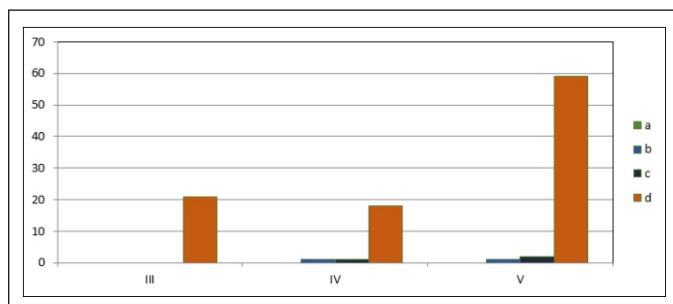


When question was asked 62 students of Classes III, IV & V that do they believe in God. 59 students answered that they believe in God but, 3 students still have doubt whether the God exists or not. It cannot be claimed that all students believe in the existence of God. It was expected that 100% answer would be 'yes' showing the existence of God. But those who believe in God still have variation in the existence of God that can be concluded from the first question's answer that everyone has different notion about God. Because this answer, idea about the God is not still clear. This question's -----only tells their believe on superficial level, what they are taught in society and family. But their deep faith in God is also not clear from this data.

Q3. Is God good or bad?

- a) Bad
- b) Sometimes Good
- c) Don't Know
- d) Good

	a	b	c	d
III	--	--	--	21
IV	--	1	1	18
V	--	--	1	20
Total	--	1	2	59

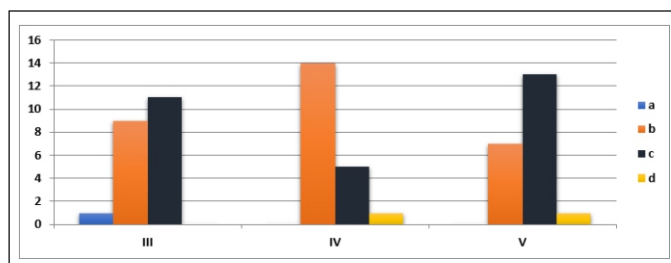


When the question is God good or bad was asked, out of 62 students 59 students answer that God is good. That shows very clearly that whatever concept about God they have but they consider that God is always good. So we feel that God in general terms is good for everyone. In our society it is taught to everyone that God is good. God never does wrong to everyone. Even the term God could not be clear to everyone but it is very clear to everyone that God is always good. God can be devata, Brahma or any other, whose ever it is but God term is always associated with goodness. The sense of positivity is very strongly associated with the term. Out of 62 children 1 answer that God can do sometimes good is also not showing the feeling of negativity. It is also conveying that God does good but sometimes. And 2 answers of don't know also not go against of God's goodness. It could be that those two children are not aware about God's goodness or badness. But no one has marked that God is bad. So this is very clearly conveying that in all cases (whosoever God is) God is always good can never be bad.

Q4. Have you ever complained God about your life?

- a) Every time
- b) Never
- c) Sometimes
- d) Don't know

	a	b	c	d
III	1	9	11	0
IV	--	14	5	1
V	--	7	13	1
Total	1	30	29	2



Answer to the question have you ever complained God about your life shows variation in the attitude of children. 30 students out of 62 answer that they have never complained to God shows their positive attitude of life. It means to large extent they feel that they are happy (though it is in materialistic term) it means the students who have no complained either they are provided with the all requisites of life or they are kept in positive environment. But chances are dim that they do not complaint despite their lacking. Other possibility could be that students do not believe that God listens their complaint. Main conclusion of this answer can be that students are in happy conditions of life that's why they never complained.

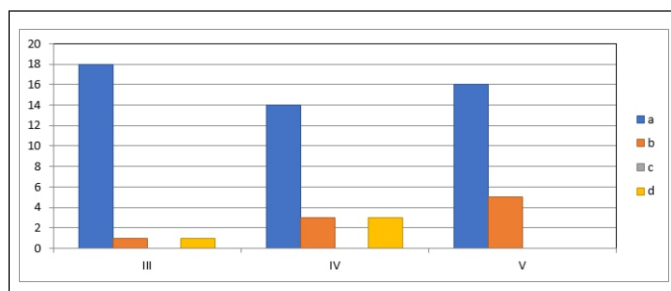
But out of 62 students 29 students complained God sometimes. This indicates that these students have some association with God and feel that God listen to them and capable of fulfilling their desires. They have many desires out of them when some desires are not fulfilled then they complained. But their complaining to God strongly advocate their bonding with God. We complain only these who are related to us and show concern for us. 2 students answer that they don't know would not be considered seriously because these children are not aware about their relationship with God (to be taken with conclusion). But very strong thing in the conclusion is that only one child complained every times. In this case again many perspective can be taken. One the child who complained every time is deprived of necessities in life, he might have negative attitude or he believe that his complained can be listened. These two conclusions are quite contradictory. But almost all students do not have complaints have possibilities of 1. They are very happy 2. They have everything in their lives 3. They do not feel that God can help them. So again contradictory conclusion is found in this answer.

So these two students should be taken into account and made aware about their relationship with God.

Q5. Do you pray to God?

- a) Daily
- b) Sometimes
- c) Never
- d) When I need sometimes

	a	b	c	d
III	18	1	--	1 (one child does not answer)
IV	14	3	--	3
V	16	5	--	--
Total	48	9	--	4 (one child does not answer)

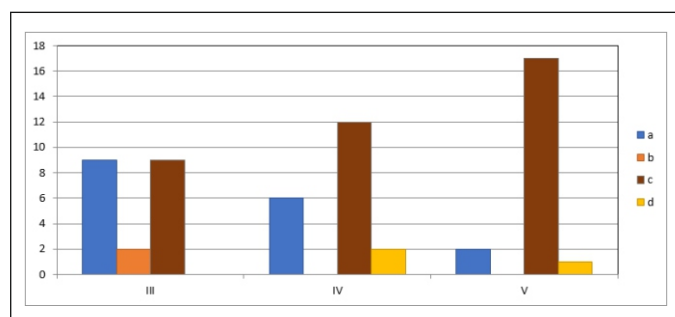


Very prominent answer "DAILY" to the question "Do you pray to God"? is very strongly telling the students' relation with God. It means students pray daily to God, whether they know it what they should pray or not. But praying in front of

God is showing that students have a tendency to shed their ego in front of effigies of God. At least in this today's competitive world, where everybody is busy in pulling the legs of each other at least students bow down and show their egos. But 9 students answer sometimes pray to God tells that they have faith in God. But it depends upon their situation and mood that they should pray or not. But somehow these students also believe in God. But 4 students answer when I need something indicate that students know that God can give anything and when they need they can ask for any help. On the other side they remember God for only selfish motives. But they ways in all cases it shows that students believe in the existence of God and prefer to attach themselves with God. Even not making of 'never' also very clearly shows that students believe that God is omnipotent omniscient and omnipresent and only by praying (for any reason) can attach himself to God.

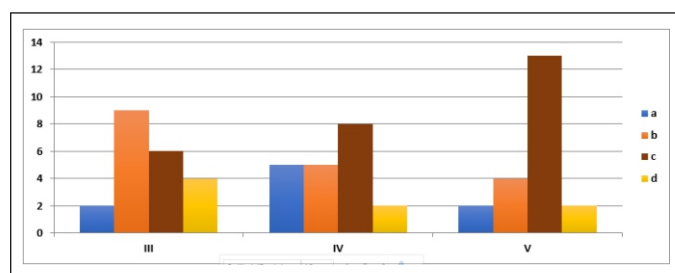
- Q6. What do you pray to your God?
 a) Give me happiness
 b) Give money to fulfill desires
 c) Take care of my parents
 d) Keep me under your shelter

	a	b	c	d
III	9	2	9	1 (one child not answer)
IV	6	--	12	2
V	2	--	17	1
Total	17	2	38	3 (one child not answer)



- Q7. Do you think if you do not pray, will God harm you?
 a) Of course, yes
 b) God is very kind
 c) No, never
 d) Don't know

	a	b	c	d
III	2	9	6	4
IV	5	5	8	2
V	2	4	13	2
Total	9	18	27	8



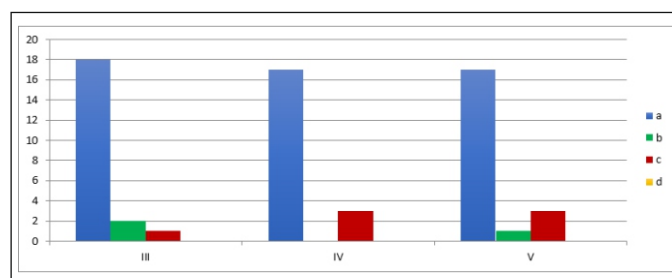
Option (b) and (c) of this answer almost have some connotation so we will take interpretations by combining the answer. Majority of students believe that God is very kind and never does any harm to anyone. This data shows that children are not God fearing. If they are not God fearing so they should be God loving. But practically the love for God in the hearts of children is missing. So, if they are not God loving and not even God fearing means that probability of going on wrong path is very high. As it is observed in life that majority of people are restless, aggressive and unhappy. This is only because they are neither God fearing nor God loving. God loving is highest stage which can be attained by few but God fearing can stop people to do wrong to others. It is observed many people do not harm other because of fear only. If this fear of God will not be there in hearts than the crime rate can be increased. (as these days it is increasing by leaps and bounds). God is kind and were harm is a beautiful concept but should be taken in the context of loving God, children who do not know showing their indifferent. Attitude can be taken into consideration and taught how to love God. if fear is there, then they can enter into superstition. God is kind. Might be that's why they always ask God to fulfill even desires & if not fulfilled aggression restlessness

arises. 9 children who believe that God will definitely punish is showing the fear of God in their hearts. Ablest that can prevent themselves from going on wrong path. Though these children cannot understand the real beauty of God that how to love God, but of course they will repair themselves from going wrong. So probability of raising from the level of God fearing to God loving is more. Whereas the students who believe that God never punishes of course they believe in benevolence of God but probability is more that they can be belittled from their path. Such type of generation which is in majority is degenerating and destroying the society.

- Q8. Have you ever felt that God is there with you?

- a) Every time
 b) God's wish
 c) Sometimes
 d) Never

	a	b	c	d
III	18	2	1	0
IV	17	--	3	--
V	17	1	3	--
Total	52	3	7	0

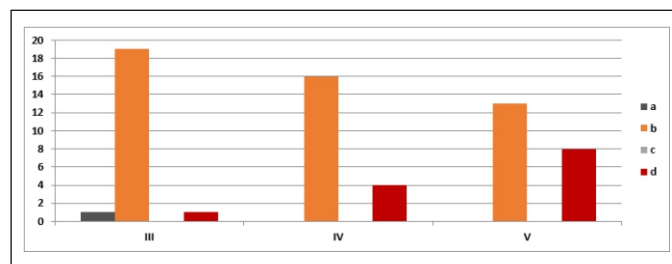


Majority of children feel God's presence with them. But as previous conclusions are taken answer to this question is starkly contradictory. The children who pray for some selfish motive can't feel the presence of God. This can be concluded that either children do not know actually what is the presence of God and they have heard this in society that God is everywhere. So this answer has been marked by majority. Or children know only at superficial level. Children at such small stage can feel the presence of God is very difficult to accept. Even those who marked sometimes also tell that they are not aware in real tenure. God's wish can highlight little understanding of children's acceptance but still our cannot conclude and accept from this age group to feel God's presence. Whereas 'Never' option is not marked by anyone which could be the right answer, here some manipulation or understandings of children are displayed.

- Q9. Have you ever thanked God?

- a) Never
 b) Always
 c) Why should
 d) Sometimes

	a	b	c	d
III	1	19	--	1
IV	--	16	--	4
V	--	13	--	8
Total	1	48	--	13



To know this answer that maximum children always thank God and some of them thank sometime is a happy indication that children believe in existence of God and feel obliged to thank God. The way of saying thank indicates that children know that everything is given by God and it is also conveying that children know that this universe is being run by God.

- Q10. Who is God? How can you make him happy?

Class III- Lord Krishna is kind not to hurt and make noise for God. Thank God for giving parents pray to God daily.

My mother is my God & pray to God daily

God is kind and help in need

No God no life

God has given father, mother and money

Do not hate God and pray to God daily

God is very kind.

God give us gifts

Always thank God

God is my friend. Never punished me.

Thank God for all things

God gives happiness.

Since question 10 is a subjective question and in 3rd standard different answers are given. Some think that Lord Krishna is God but maximum think that their mother is God. And almost every child has given the opinion that God is very kind, he gives us happiness and we pray to God daily. Many has written God should not be hated and one should not do that kind of thing which is not liked by God. But when consulted Q no 5's result. It is found that out of 20 children, 18 answered "daily" and 1 answered "sometimes". It is shown that maximum children have know very common qualities of God that God is very kind, helping, give us things (gifts, father, mother etc). And we should always thank God. Some students think God as their friend. Such a marvelous knowledge of God from class 3rd students was not expected. But when again practically these children behavior is observed it is found that this knowledge of God is on superficial level which is taught to them at home or school but these children are not clear about the concept of God but yes they know who is God.

Class IV- God is everywhere. Can we make God happy by helping others and by not fighting.

God is only one & gives us parents. God gives happiness. God has created the universe and we are his children. God has made us. Always think about God. We can leave one bad habits to make God happy.

In Class IV some different concepts like "God is everywhere and God is only one" are found. Here little more maturity is found in understanding of God. Many students have written that God has created the universe and has also made us along one new thought. That by leaving our bad habits we can make God happy. Except these thoughts all thoughts like God is kind, he gives us happiness etc of previous class notions are also written by students. Here the difference lies that students come to know that God is the creator and only one. But problem is still there that students are not spiritual and peaceful in their behavior.

Class V- God does not say come to my temple and pray to me. I wish God to fulfill my demands. God is one, so pray to God. God makes this world. God is in human body. The God helps us in our problem. God is very powerful. God is in our heart. God is Shiva and he has made Brahma and Brahma runs the universe. By taking full marks in paper we can make God happy. God can do anything. We give fruit to God. Parents are God for me. Lord Shiva always helps us in everything. When our demands are fulfilled we thank God.

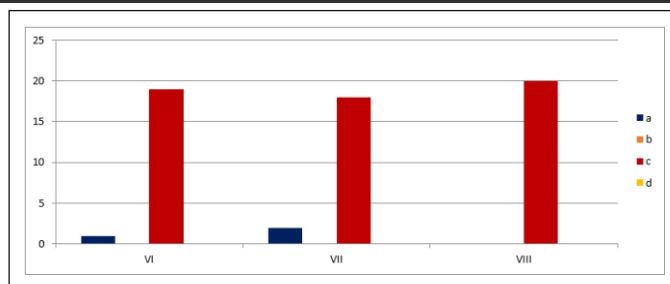
In standard V, the approach of students' thinking has become more materialistic except previous ideas like God is one and created the universe. He is kind and helps us. We find that the students have written wishing to God to fulfill dreams or God helps us in our problems. Now here it is observed the students in 3rd standard were not very clear about the concept of God but their approach was pure hearted. In standard 4th new thoughts were found like God is the creator and one but still materialistic approach was no's there. But in fifth standard it was found that students started praying God for their personal motives. In 3rd & 4th standard they thank God for giving happiness and parents but in 5th students ask God to fulfill their demands. Particular word demand is really approach of students.

CLASSES VI, VII, VIII

Q1. Do you believe in God?

- a) Yes
- b) No
- c) May exist
- d) May not exist

	a	b	c	d
VI	18	--	2	--
VII	18	--	2	--
VIII	19	--	1	--
Total	55	--	5	--

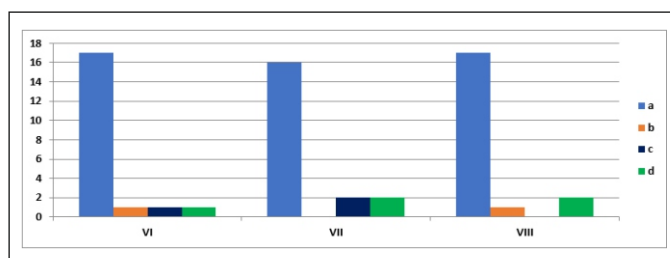


About God's presence out of 60 students 57 students believe that God is present everywhere. It means students concept of God and religion is clear. Maximum children are taught that God is present everywhere but when it is observed practically in day to day life on general level then it is found that students know that God is present everywhere but actually they do not feel in their day to day life. Because their behavior and restlessness (on majority) indicate that their belief in God's presence is not strong and not even realized. Students answer that God is only in temple shows their restricted thinking of God is present at home indicates their connectivity with parents and family members. But overall view is that God is present everywhere.

Q3. Do you believe in idol worship?

- a) Yes
- b) No
- c) In front of fascinating idol
- d) Only meditation

	a	b	c	d
VI	17	1	1	1
VII	16	--	2	2
VIII	17	1	--	2
Total	50	2	3	5

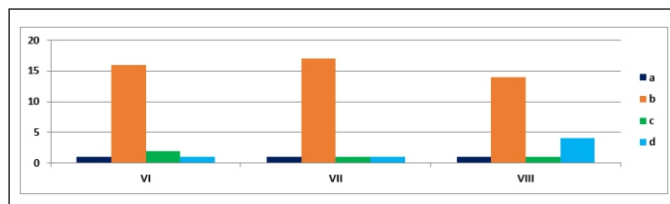


Out of 60 students 50 believe in idol worship 5 believe in meditation, 3 believe in worshipping in front of fascinating idol that can also be included in idol worship but do not believe in idol worship. This data shows that maximum students believe in idol worship. Praying in front of idol worship at least can ensure that many children would daily pray as a part of their daily routine. But what they are praying it is a different issue. Standing in front of idol and bowing in front of God is a good & positive ritual. At least this help them to shed the part of their ego which is very essential for children. It is observed that in today's scenario children are very egoistic and they do not like to bow in front of anyone and do not like to say sorry. So, this ritual of bowing is good and positive for children thought it does not ensure spirituality but yes it's a good religious practice.

Q4. If God in front of you, what would be your reaction?

- a) Get terrified
- b) Thank God
- c) Get Confused
- d) Any other

	a	b	c	d
VI	1	16	2	1
VII	1	17	1	1
VIII	1	14	1	4
Total	3	47	4	6

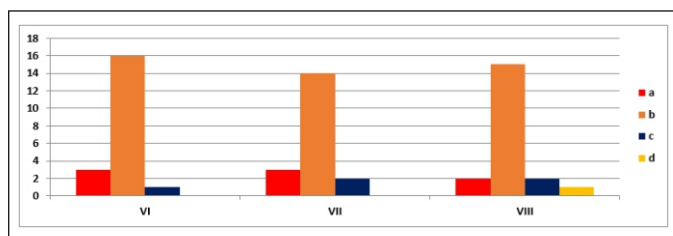


Out of 60 students 47 like to thank God if they meet God. But some students are not clear about the idea that how they will react. Very few students are terrified or confused after meeting with God. It shows that maximum students know that meeting with God can be done. If we take conclusion from the previous questions answer then it is observed that it does not matter whether they believe in idol or not but may not thanks to thank God. It shows that thanking of God can be done after meeting with him. If meeting with God is done then obviously it means that God is present in idol. So, this answer creates little controversy over the previous answer. But those students who answered of thanking God show that at least they know how to oblige our benefactors. They know if we take something from someone then we should show our gratitude. And they also know that God gives everything to us. That's why they thank God. But on the other side many marked that they will be confused or terrified means that they do not know to show the gratitude but confusing and terrifying.

Q5. Why do you bow and pray in front of God?

- My mother tells me
- I feel happy
- People do the same
- I need money from the God

	a	b	c	d
VI	3	16	1	--
VII	3	14	2	One answer is missing
VIII	2	15	2	1
Total	8	45	5	1

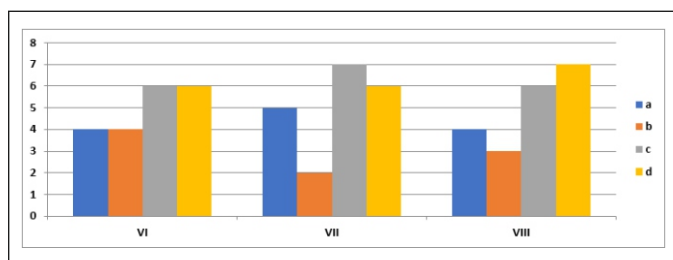


Out of 60 students 45 students bow in front of God because they feel happy. It means majority of students believe that God is the source of happiness. That's why they feel happy. 13 students bow because of other reasons like people do or instructed by their mothers. It means they do not have any connectivity with god. they do not have any emotional attachment with Supreme God. That's a regular part of their day to day life. Feeling happiness after bowing in front of God is sign of positivity and connectivity. But the second groups of children are emotionless towards God. 1 child answers that he bow to God because he needs money. That is very honest answers but still very dangerous for him and as well as for society. Because chance of becoming materialistic is more in this case.

Q6. What is the logic of not trimming nails/hairs on Tuesday?

- Mother tells
- Tuesday is Hanumaanji's day
- Something bad will happen
- I don't know

	a	b	c	d
VI	4	4	6	6
VII	5	2	7	6
VIII	4	3	6	7
Total	13	9	19	19



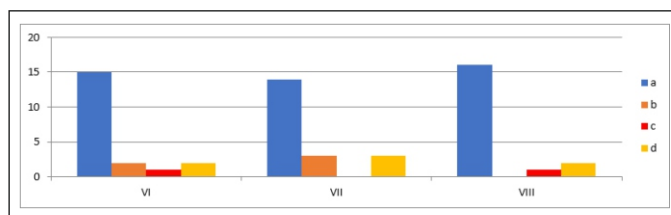
The answer to the question why do we trim our nails/hairs on Tuesday is very variegated. Out of 60, 19 students believe that something bad will happen if they do such kind of trimming. That shows extreme superstitions attitude of children. They are fearful and due to their fearness they do not do their and moreover these children never dared to ask why not to trim? from their elders. And 19 students do not know that why not to trim but yes. They do not trim their nails and hair on Tuesday. Many saloons and parlours are closed on Tuesday because of these superstitions. 13 students don't do it because of their mothers. This is good to follow the instructions of mother but one should always be interested in getting

logics as today's generation is very logical. Such type of superstitions makes children fearful. 9 students have faith in Hanumaanji, that's why they think that they should not trim their nails/hairs on Tuesday. All answers to this question is depicting that children are fearful and they always learn from their elders and society. So, it shows that people in society are also superstitious and fearful. This answers very clearly indication that people are not spiritual as previous students have very clearly claimed that spiritual eradicates fear and superstitions.

Q7. Why do we apply tilak and ring bells before "Aarti"?

- It is a custom
- People do, so am i
- I don't know
- I feel happy

	a	b	c	d
VI	15	2	1	2
VII	14	3	--	3
VIII	16	--	1	2
Total	45	5	2	7 (1 answer is not given)

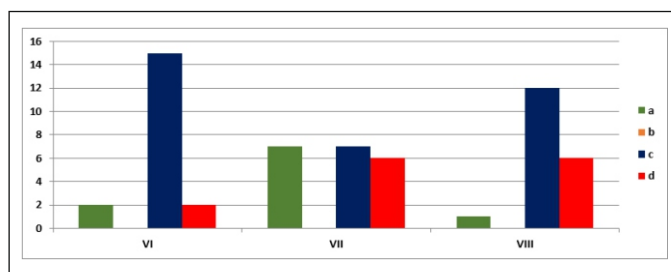


The majority of 60 students, out of 45 mark the answer that putting a tilak and ringing of bell is a religious ceremony. It means maximum students have experienced in their day to day life that their parents are doing such religious ceremonies without understanding that why they are doing. 6 students consider it is a superstitions activity. Which totally reflects that there children do not give importance to religious practices and they are not at all into doing the rituals. 6 students follow it blindly as their parent/ elders do it. Means these children do not have curiosity to know why these practices are done. It shows their indifferent attitude. But 3 students mark the answer that it is scientific have a very strong and positive outlook that at least out of many very few tried to understand the deeper concept of all these religious practices. It shows that at least these are some people who are marching ahead for spiritualism.

Q8. What do you pray to your God?

- Give me happiness
- Give money to fulfill my desires
- Take care of my parents
- Keep me under your shelter

	a	b	c	d	
VI	2	---	15	2	1 (extra)
VII	7	---	7	6	1
VIII	1	---	12	6	
Total	10	---	34	14	2

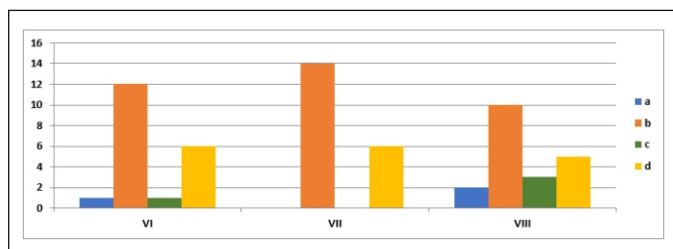


34 students answer that God should take care of their parents and many of them added the word "ME" with the answer. 10 students want God should give them happiness and 14 students have desired to be under the shelter of God. 2 students give extra answer. One thing is really a great relief that no one answer "give money to fulfill my desires". It shows at least students are not so materialistic that they demand money from God. And they must know that God is some higher authority and we should desire something great that's why maximum students answer is "give me happiness" and take care of my parents". But miserable is that very few students wanted to be under the shelter of God. This shows that students' 100% faith on God is missing. They are lacking in spirituality. And that can be the great cause of restlessness among students. This answer is very strongly adulating the reason of restlessness in students.

Q9. If God is one do we need ALTARS (worshipping places) to pray?

- a) Yes
- b) No
- c) Can pray at home
- d) Can pray anywhere

	a	b	c	d
VI	1	12	1	6
VII	---	14	--	6
VIII	2	10	3	5
Total	3	36	4	17



When this question was asked than 3 students answer that worshipping places are required for prayers. 36 students are not believe in the requirement of Altars, 17 believe. That prayers can be done anywhere and only 5 preferred home as a place where worship can be done. Answer that alters is not require to pray or prayers can be done anywhere show that children have faith in the own presence of God. But on the second hand it is a big lacking that if children will not get any proper and separate place of worship they cannot regulate themselves in their prayers. Already children are not in habit of praying to God. If they will not have faith in some specific places like temples, churches etc., they will become totally negligent of doing prayers. This can be out of the reason "why children are more restless and aggressive". Their peace of mind is missing because they are least interested in bowing their heads import of God. Only specific places like Altars can give opportunity to people to go and sit for some to get peace internal peace if in coming scenario of 20-30 years. The worshipping places going to be missed then probability is there people will totally forget the existence of God.

Q10. What is religion and spirituality? In which do you believe and why?

A: VIII: Hinduism as it is scientific religion

Religion is custom but spirituality means God.

Spirituality gives will power to fight all the trouble.

Spirituality means true soul.

Believe in spirituality.

Religion teaches us to live together and not to fight.

VI & VII: There are so many religions, I believe in Hinduism,

Believe in many/all religion

I love Sikhism as they teach us to be clear.

Believe in Lord Shiva, Lord Rama, Ganesh, Lord Jesus.

There is a big variation in the answer to this question what is religion and spirituality? In Class VI & VII the students do not know exactly what spirituality is but about religion they mentioned different names of religion like Hinduism, Sikhism, Lord Shiva, Lord Rama etc. but no one knows that what does religion mean. Even there students don't know what is the meaning of spirituality. So, it is very clearly indicating that up to std 7. Students are not clear about religion and spirituality. If children do not know about this then how they can believe in such important concepts. But answer to previous questions show that children know about God and maximum students pray as they answered. But practically, when interacted it is found that students go to temple, to pray or to do any religious rituals.

But surprisingly in class VIII the students define religion specially Hinduism as a scientific term and many students answer that spirituality gives power to fight all the troubles. The most answers given by children are appreciable but still the doubt comes if children know the meaning then why it is not followed practically as it is not visible in their attitude. Children are quite weak in character and give up during failures. They are ready to fight on petty issues. Practically children do not follow spirituality as it is very clear from their behavior.

It is really surprising that children who do not know the meaning of religion of spirituality suddenly in VIII std. they have started giving right answers. So we answer that children become mature or their power of thinking has increased with their growing age. It can be possible that their parents or teachers have dis-

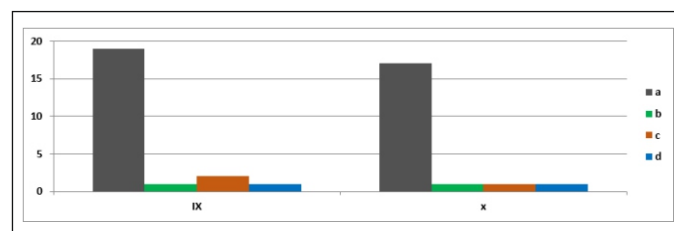
cussed with them or they may have read any article or story in class. Whatever the possibility is but answers are correct. But pathetic is that children are still deprived of spirituality.

CLASSES IX & X

Q1. Do you believe in God?

- a) Yes
- b) No
- c) May exist
- d) May not exist

	a	b	c	d		
IX	19	1	1	1	=	20
X	17	1	1	1	=	20
Total	36	2	1	1	=	40

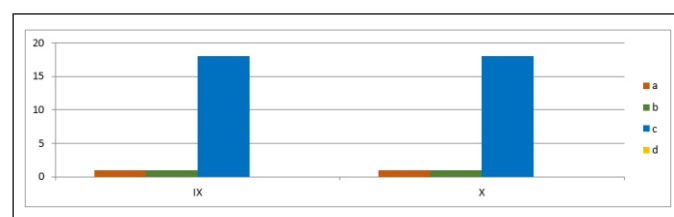


In the senior group of IX & X the level of maturity is raised. With their raised maturity level their materialistic approach is also increased. As it is observed practically in their behavior. Out of 40 students 36 students believe in God. That shows that existence of God in the mindset of children is in majority. But the reason of aggressiveness, selfish, attitude, restlessness and many other vices among students is not found. Because previous theories have expounded that spiritualism reduces the tension, stress and anxiety level. Believing in God is spiritualism and true spiritualism means happiness but no student is found happy. It is concluded that though majority if the students believe in God without knowing who is God? They know only on superficial level. Their faith in God is not deep.

Q2. Do you feel that God is present?

- a) In temple
- b) At homes
- c) Everywhere
- d) No where

	a	b	c	d
IX	1	1	18	--
X	1	1	18	--
Total	2	2	36	--

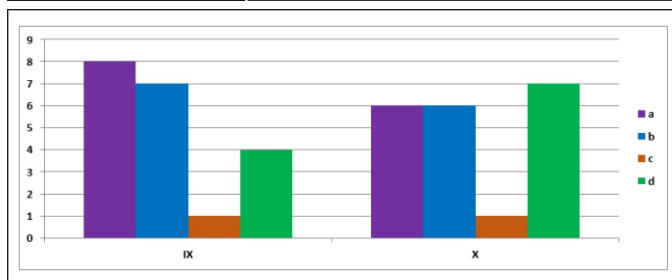


About God's presence out of 40 students 36 students believe that God is present everywhere. It means students concept of God and religion is clear. Maximum children are taught that God is present everywhere but when it is observed practically in day to day life on general level then it is found that students know that God is present everywhere but actually they do not feel in their day to day life. Because their behavior and restlessness (on majority) indicate that their belief in God's presence is not strong and not even realized. Students answer that God is only in temple shows their restricted thinking and God is present at home indicate their connectivity with parents and family members. But overall view is that God is present everywhere.

Q3. Do you believe in idol worship?

- a) Yes
- b) No
- c) In front of fascinating idol
- d) Only meditation

	a	b	c	d
IX	8	7	1	4
X	6	6	1	7
Total	14	13	2	11



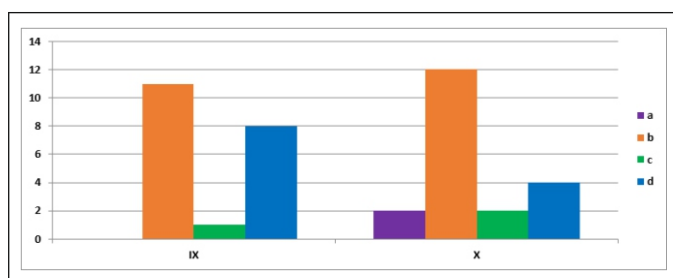
In maximum questions answer given by students is in majority the same. But this question has sea-difference of opinions. Out of 40 children 14 believe in idol worship whereas 13 do not believe in idol worship. 11 supported meditation and 2 pray in pout of fascinating idols.

This conclusion brought forward majority of different answers which prove that people have many different opinions about idol worship. This difference of opinions can bring controversy in thoughts. Even those who believe in meditation do not do it regularly that's why it is found that their behavior is no peaceful. One major conclusion is extracted that children know many things but practically they do not implement in their day to day life. This is the reason they are aggressive and restless.

Q4. If God comes in front of you, what would be your reaction?

- Get terrified
- Thank God
- Get Confused
- Any other

	a	b	c	d
IX	--	11	1	8
X	2	12	2	4
Total	2	23	3	12

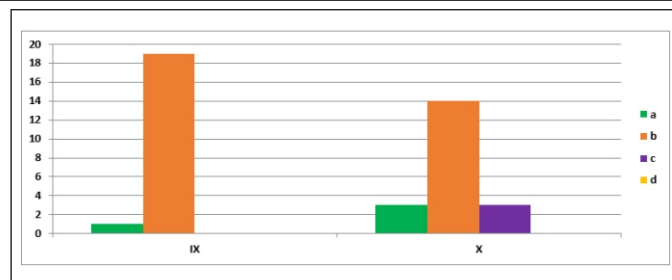


Out of 40 students 12 like to thank God if they meet God. But some students are not clear about the idea that how they will react. Very few students are terrified or confused after meeting with God. It shows that maximum students know that meeting with God can be done. If we take conclusion from the previous questions answer then it is observed that it does not matter whether they believe in idol or not but may not thanks to thank God. It shows that thanking of God can be done after meeting with him. If meeting with God is done then obviously it means that God is present in idol. So, this answer creates little controversy over the previous answer. But those students who answered of thanking God show that at least they know how to oblige our benefactors. They know if we take something from someone then we should show our gratitude. And they also know that God gives everything to us. That's why they thank God. But on the other side many marked that they will be confused or terrified means that they do not know to show the gratitude but confusing and terrifying.

Q5. Why do you bow and pray in front of God?

- My mother tells me
- I feel happy
- People do the same
- I need money from God.

	a	b	c	d
IX	1	19	--	--
X	3	14	3	--
Total	4	33	3	--

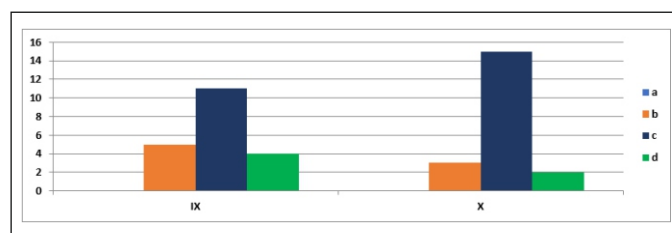


Out of 40 students 33 students feel happy while praying and bowing in front of God. It means that God is the source of happiness that is known to majority. But still strongly and wholeheartedly the God is not worshipped. Even they know that God gives happiness they do not pray daily because they are more busy with their daily chores. In this materialistic world, today's generation is more enticed with materialistic comforts rather than spiritualism. And students bow because people do the same or their mothers have guided them. It shows that some generation is their which even do not know that God is the source of happiness. It means a no. of atheists are also existing. When such opinions are passed from generation to generation definitely disbelieving in God will increase that can also be the cause of restlessness among them.

Q6. What will do when a black cat crosses your way or someone sneezes?

- Will go back
- Will stand for a while and then proceed
- Will not bother
- Will become fearful and pray God

	a	b	c	d
IX	--	5	11	4
X	--	3	15	2
Total	--	8	26	6

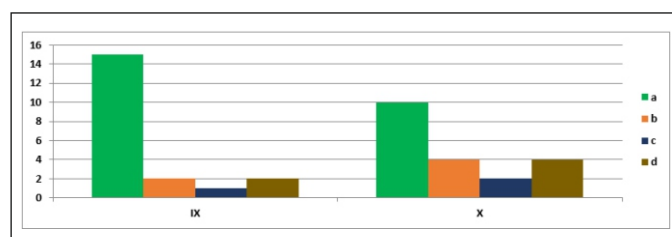


Out of 40 students 26 students mark the answer that they will not bother about it. Crossing of black cat s not a superstition for them. They are fearless of cat and consider very rationally that cat is a simple animal and can not cause any harm to anyone. This shows that maximum students believe in their own and do not become panicky. But on the other side 14 students marking answered of (b) means they will stand for some time and then proceed and d) will become fearful and pray God shows that they are superstitious and fearful. This means that this kind of learning they are getting from their elders (parents, near & dear, teachers etc). It also shows that if they believe in such superstitions their elders also believe in such theories. Means 30% to 40% of the society is still superstitious. But the answer will go back is not marked by anyone shows that at least the impact of this superstition is not too much upon students.

Q7. Why do we apply tilak and ring bells before aarti?

- It is religious
- It is superstitions
- It is scientific
- I follow elders

	a	b	c	d
IX	15	2	1	2
X	10	4	2	4
Total	25	6	3	6

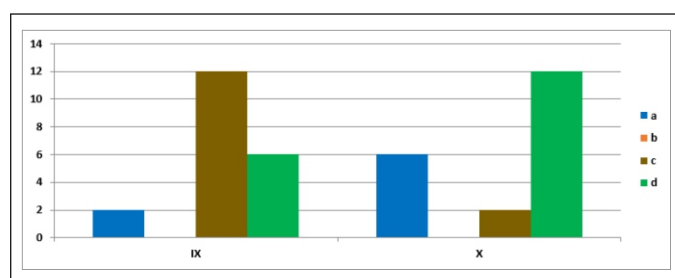


The majority of 25 students out of 40 mark the answer that putting a tilak and ringing of bell is a religious ceremony. It means maximum students have experienced in their day to day life that their parents are doing such religious ceremonies without understanding that why they are doing. 6 students consider it is a superstitious activity. Which totally reflects that children do not give importance to religious practices and they are not at all into doing the rituals. 6 students follow it blindly as their parent/ elders do it. Means these children do not have curiosity to know why these practices are done. It shows their indifferent attitude. But 3 students mark the answer that it is scientific have a very strong and positive outlook that at least out of many very few tried to understand the deeper concept of all these religious practices. It shows that at least these are some people who are marching ahead for spiritualism.

Q8. What do you pray to your God?

- Give me happiness
- Give money to fulfill my desires
- Take care of my parents
- Keep me under your shelter.

	a	b	c	d
IX	2	--	12	6
XI	6	--	2	12
Total	8	--	14	18

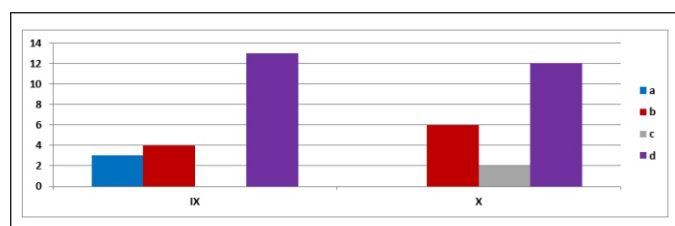


This question that what do you pray to your God has a miscellaneous answer. This section needs class wise analysis. In class IX, 12 students out of 20 want their parents protection, 2 want happiness and 6 want to be under the shelter of God. it shows that students do not know that by being in shelter of God himself they can be happy and there everything can be protected. As they are more attracted with their parent. So they feel that their happiness can be maintained if their parents are protected. One more thing can be assumed that these children are more worried about their parents as they know that everything is being provided to them by their parents only. Overall they are more concerned about their materialistic approach rather than overall, eternal happiness. But during the gap of one year the number of students to be under God's shelter has been doubled up to 12, only 8 students mark the answer give me happiness and take care of my parents. It means that with the passage of time as they grow they understand that by being under the shelter of God they can be happy. They essence of spiritualism begin. One more thing is very positive that no child feels that money can make them happy that's why 2 options are not marked by anyone.

Q9. If God is one, do we need ALTARS (worshipping places) to pray?

- Yes
- No
- Can pray at home
- Can pray anywhere

	a	b	c	d
IX	3	4	--	13
X	--	6	2	12
Total	3	10	2	25



Out of 40 students 25 students believe that they can pray God anywhere. To pray God ALTARS are not required. We can add 10 more students who believe that alters are not required and to believe that God can be prayed at home only. Only few believe that temples are required for prayers. Altars are not required or God can be prayed anywhere show the same outcome that prayer can be done anywhere. So, the students have faith that God is present everywhere but the main question rises whether they believe in presence God or not. If they think that god

can be prayed anywhere very clearly telling their higher knowledge about the existence of God. But their attitudes practically do not sound like wise. They do not pray anywhere at any time. So the other option that God can be prayed in temples or house is much better. As whenever they are at that place they can co-relate themselves with god and prayer. At least altars are the places where everyone knows that they go there to pray intentionally or unintentionally whenever they go to temple they pray. So, believe in Altars can give the opportunity.

Q10. What is religion and spirituality? In which do you believe and why

A: IX: Believe in God and God resides in body.

God helps in all our problems

Religion is mad by humans

God is everywhere and never say to pray only in temple.

Spirituality is to knew the soul

Many religion Sikhs, Jain, Muslim

Spirituality depends upon person

Doing good is religion/spirituality is natural and method which we follow without worshipping God.

Class X: Religion is happiness. We don't have evidence of the presence of God.

Religion is like a company and people on earth have made many companies but believe in spirituality.

Spirituality means to understand God.

Spirituality means to pray God inside.

Spirituality means believing in spirit.

Spirituality connects mind with soul.

Manish used sanatan dharma, greatness of Almighty i.e. Allah, Christ etc.

Spirituality means mediation.

Spirituality means inner knowledge.

Faith in God makes us spiritual. Lord Krishna is my best friend.

Spirituality means purification of the soul.

The answer to this subjective question of Std IX & X is very distinctive. In class 8th students have given the same answers as they have read the chapter on article on spirituality.

Many students have not mentioned even the term spirituality. Only one child mentioned about the spirituality means to know the soul, in X std maximum students have given the meaning of spirituality. It is concluded that students of X have knowledge of spirituality. But it is sure that they are grown up and have a mature understanding of spirituality, as far as the question's last part "why" is concerned. No child can answer it properly.

Maximum students have their own opinions. It is clear from their answer that children's thoughts are not from any bonafide scriptures rather their opinions are the mixture of many factor like their family/ society, teacher, friends etc. means whatever opinion they have that is their own fabrication. So, there is not at all any utilization of such meanings if not taken from authentic sources.

Point 7 input utilized: many resources are used to conduct the research.

- Computers
- Stationery
- Statistical tables
- Students
- Classrooms
- Teachers

Point 8 The analysis and interpretation:

- No knowledge of difference between limitation
- Religion and superstitions -----
- Actually know terminology God but God is who do not know.

4. Deduction elder's do not have knowledge of God.
5. Education system.
6. The answers given by children do not match their personalities.

The research goal- why the topic is taken.

Compare the result what you expected promised results.

Point 9: The analysis and interpretation

After deciding the topic proper methodology (which is already mentioned) was adopted to evaluate the problem of children. After data interpretation and their day to day behavior evaluation it is found that maximum children do not know the real difference between religion and spirituality. For them many personalities are God like Krishna, Devtas, Mother, parents, abstract etc. maximum students believe that God is kind and they should thank God. They should pray to God daily maximum answered but when practically interacted out of 20 only 2 pray daily and even they pray to God for the materialistic things or they pray for the safety of their parents their houses, their wealth, their health etc. but no child pray for the God's shelter. So, it is found that children think that God's work is to give us and He always gives us without failing and no child is aware that what is their duty towards God, how to love God?, how to please God? which actually is the requirement of every soul. So, from here we conclude that children know the terminology "Religion" but what does religion mean and what is spirituality for it their understand level is really zero.

Secondly this is observed that as they are not aware about the true spirituality and the result is fearfulness. Always all the children are fearful and unsecured because of the superstition which have been infused due to wrong understanding of religion. Students are fearful about their lives, about their parents lives, about their materialistic success, about their bright careers etc. Such kinds of insecurities have made them more vigilant and more competitive. And because of such kinds of competitions the students are becoming selfish and self centered. Everything they want for themselves and rarely ready to share. This single mindedness is growing so strongly in the mind of children that they are embedded with jealousy, hatred ego, arrogance, resulting in restlessness and rude behavior.

All these attributes are the results of their dearth of knowledge of that who is God? What is our relation with God? What is our duty towards God? How can we be happy eternally? Such kinds of questions and answers are missing in their queries. They all know that there is God in their own superficial levels but actually do not understand. All the students are suffering, all are unhappy for one or other reason but still no one is curious to know what is the reason behind our unhappiness and how we can be happy forever?

The major reason that why children do not know all answers of above mentioned questions is that their elders themselves do not know the answer. Actually it is not their fault. The things and thoughts are passing from generations to generations and being adopted with more higher levels of self centeredness. No one is there to guide them and all misinterpretations of our scriptures and Vedas. These scripture and Vedas were written thousands of years ago and there is tempering of the aims and instructions as passed from generations to generations. Now the outcome is fearfulness and insecurities of children.

No teacher, no pundits, no acharyas. No parents actually are well acquainted with the real purpose and true meaning of religion and spiritualism.

As far as elders are concerned they are at fault because they haven't conveyed rightly to the children. Second very strong reason is our faulty education system which is drastically changing the scenario in classes. Normally the teachers are teaching only academics. Of course which is very essential but simultaneously the life skills are equally important which is absolutely missing in our education system. We have introduced the moral science but nobody has bothered whether the implementation of teaching moral sciences in the classes is really going through the right education.

If we peep into our ancient Gurukul system in which the children used to get knowledge about all the skills along with the academics. Their day used to begin with prayers itself. And those days were the days when children first aim was to connect themselves with God in real sense.

And even the knowledge of all subjects like science, geography, maths, language etc. everything is the knowledge given by God. Geography and science are directly connected to God it is scrutinized deeply but no students learn it inquisitively or with the purpose to know the miracle of God. They all learn it only to get more and more marks. God's presence can be felt everywhere and children answered this question positively but no one tries to feel the presence of God everywhere. If we see minutely every atom of this universe is connected with God but no one knows and feels and ironical is that their answer is God is omnipresence.

So it is concluded that many answers which the children gave do not match their actions. It shows their ignorance, hypocrisy, duplicity and ego. And this could be

the reason of their restless attitude and rude behavior with others. This result which is concluded from the data is absolutely contrasting to the real practices in their day to day life.

In this conducted survey only children were taken into account. For more clarifications further studies are also required.

- Study can be done on parents by dividing their age group. And then we can come to know the basic reason for children's attitude.
- Study can be done on teachers by dividing their age group or classes.
- Study can be done on the political leader and religious leaders.
- Study can be done on educationist who draft the syllabus and implement it in the schools.
- Study can be done on various factors effecting the society like media and net working which is actually and taking them to astray.
- Studying can be conducted on families and their circumstances.

CONCLUSION:

When we read previous study our vision of taking this topic become more clear as almost all the previous studies propounded the following points:

1. Spirituality is flexible; religion is dynamic.
2. Spirituality is liberating (courage-based); religion is authoritative (fear-based)
3. Spirituality is painful growth; religion is comfortable stagnation.
4. Spirituality is open-minded; religion is close minded.
5. Spirituality is beautiful emetine; religion preacher, it is said by "Kirk Schneider".

There are roughly 7.3 billion people on the planet today. And every single one of us has a different psycho physiological interpretation. Spirituality is within the human condition and is as unique as our own fingerprints. Religion is dictated while spirituality is intuited.

After thoroughly reading the difference between spirituality and religion and conducting the survey, reading the answers interpreting the data, we strongly concluded that

- Children are fearful
- They are insecure
- They are restless
- They are adamant
- They are ambitious
- They are egoistic
- They are rude and self-centered

But when individually on personal on majority level when they were interacted and interviewed then though all above mentioned traits are found in them but still individual they all were in search of love. They all want to love and be loved. And when they do not get their problems solved, their curiosity satisfied and their confusions cleared. They move to another source to clear their doubts. Whatever answers they get are not properly imparted and knowledge which is given to there is tempered one which has been passed from generations to generations. There is not even a single man in their life. Who can tell them right meaning of religion and spirituality. Who can actually guide them properly. Not even their parents, not even their teachers are trained enough to tell them reality and right way.

It's very pathetic to know that a mother of a child who is in nursery class is more worried to teach syllabus like number, alphabet, calculations, words framing etc but a mother never bothers to teach her child the life skills. Parents are more curious to fulfill a demand of a child without understanding whether that demand should be fulfilled or not. Parents do not want to say "No" to their child. So, how does a child can learn to accept the failure of life? Therefore, become insecure and fearful.

Children are not in a habit of sharing with each other. Reason is nuclear families and single child tendency where a child never learns to share, to compromise and to co-operation which results in self-centeredness and single mindedness.

Children are provided with so many comforts and gadgets which is actually spoiling them from roots. Children are not at all interested in doing efforts and want to enjoy every core of life in their comfort zone that results in frustrations, agitation and restlessness. Their parents provide them too much without teaching them how to do efforts in dearth and scarcity. So they also want to have more and more without doing hard work which is increasing their stress level. One more great reason is that corporal punishment is banned in schools. A teacher who is to fabricate the personality of a student is prohibited to cave a child. If a child is not punished for his mistakes then how can he learn to accept his mistakes and impose them? He thinks that he is always right that results in his high false egos and arrogance. He does not learn to accept that he can be wrong and always thinks that he is always right. That is the big reason child can not face the difficulties of life with balanced attitude.

All above mentioned problems of children are observed very minutely by observing them by interacting them, by indirectly with their teachers and parents. As the children and parents are becoming more ambitious, egoistic etc, fearful etc. their solutions they find by going under the refuge of so called religious leaders, priest, vicous, kazis etc. who themselves are not well aware about religious books and scriptures. Religious instruction and guidelines. They temper the religious verses according to their own convenience and profit. They make these people weak, meek and terrified. Already they are fearful and ambitious. They want everything of this world. So, in order to get life's comforts and wealth, they are becoming orthodox and superstitious which instead of solving their problems making them more and more weak, terrified and insecured.

Thus, increasing religious orthodoxy and superstitions is decreasing the essence of spirituality so in reality happiness is missing.

Absence of spirituality in society, in the life of people and children is the main reason of today's restless scenario.

As it is known to all that children are the nation builders then it is the duty of educators, policy makers, elders and nation leaders to take the onus of every child. So, the very first step is the selection of teachers. If teachers are not spirituality ignited then how they can be morally sound and ethically grounded. If they themselves do not know how to control and balance their emotions then how they can impart these qualities to the children. This is a hard know fact that what a teacher herself does not know then how she/he can pass it to her/his children.

RECOMMENDED SOLUTIONS:

When it is very authentically found that spirituality is absolutely missing from the society and people's life and that is the strong reason of children's misbehavior and unhappiness.

Selection of teachers should be done very carefully and after that orientation of each teacher "how to train the child in life skills" should be done from the very beginning of course. These days very few students are interested in adopting teaching as their careers. So, good incentives and their comforts are to be taken into account. But no compromise on the implementation of life skills is to be done. Very congenial ambience should be provided and teachers are to play the role models of these children. As every action they would be doing is observed by children and intentionally or unintentionally they follow them and finally that becomes the part of their personalities. All teachers are to be trained in a way that every question asked by children should be answered very positively and lovingly. The child should be satisfied totally. And to pay individual attention no. of students in lower classes should be less or no. of teachers can be increased in a class at one time. A teacher should be relaxed and spiritually trained so that she/he impart spirituality to students in every class. If from the beginning of their life in school in every class, every teacher starts imparting spirituality then coming scenario would entirely be changed. It's not going to benefit the children only but, teachers themselves are going to be happy and their families can also take benefit out of it.

Introduction of scripture like Sri Bhagwad Geeta, Ramayana, and Mahabharata etc. should be included in school syllabus. Not only in one class but according to level of the class the subject should be introduced in every class upto higher classes. The implementation and reading of scriptures should not be only reading of verses/shalokas i.e. it is done in Geeta Chanting process in which children simply recite the shalokas but do not know the meaning of them. Instead of rote learning of shalokas, the science of God should be explained to children in a story way. When practically it was done in some of the classes it gave a very positive output and children themselves admitted that such kinds of narration can teach them a lot. Only reading of scriptures can not work. What lesson we have learnt from the lives of Lord Krishna, Lord Rama, Bible, Kuran and Bhagvat Geeta and how we can implement in our lives. The children should know how to implement those learnt lessons actually in their lives. This should be mandatorily done from the beginning of their school, or when the students begin their academic syllabus, this part also should be implemented practically in their lives. And in every class there should be teaching of Moral science classes, these classes should be introduced practically. Children should do some activities where in which they can realize the importance of the things they have. Their lives should be compared with those who do not have so many things so that they can learn to sacrifice. Very strongly marks system should be eradicated from the beginning

till the end of the students' life. There should be examination but the criteria of judging their intelligence should not be marks. This marks system has really created a chaos in their lives. Personal interviews, personal interaction, practical vivas can be the ways through which children can be evaluated. Examination should be conducted for evaluation of child's understanding not for marks. Actually this marks system has brought lots of pressure in the life of children as well as parent.

Orientation Programmes of parents, face to face, individual to individual should be done and parents should also be trained spirituality. If we really want to improve the condition of the society, parents should be taken into account. Sessions like "happy parenting" should be done. Actually, young parents, old parents themselves are ignorant of spirituality. So, they should be trained and teach the lessons of eternal happiness to their children. As parents provide materialistic things to children but cannot spare their precious time for them.

Teachers, parents and children should be taught to live a very simple life and use of technology should be for the benefit not to misuse it. They all should be made to understand this thing that it all superpower who has designed our life is capable to solve our problems. So there is no need to go into any other shelter- directly go the shelter of God that can be done while sitting at home and the power of true prayer counts a lot.

All should be taught to pray daily in the morning not only lip dip but that should be heart dip. Every prayer they have to do, should be done with the understanding of the meaning and importance of prayer in their lives. As, when education system should be changed into Gurukul system, only then we can bring the changes in the lives of students, parents and teachers and so in society.

BIBLIOGRAPHY:

1. Tips for happy living जीवनसूत्राणी Swami Tejomaynanda.
2. Srimad Bhagvad Geeta as it is Srila Praphupad.
3. Link: <http://www.secretery.com/news/7-important-differences-between-religion-spirituality/>
4. http://www.psy.miami.edu/ehblab/religion%20paers/conceptualizing_religion_and_spirituality_itsn.pdi
5. http://thequestion.com/questions/206227/what_is_the_difference_between_spirituality_and_religion
6. The power of prayer Swami Krishnananda